

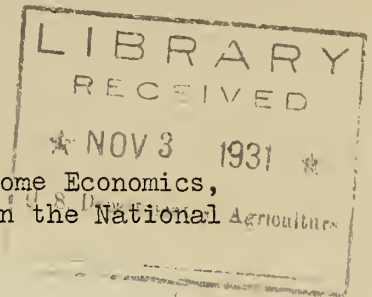
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THE HOUSEHOLD CALENDAR

[Change in ideas about child feeding]

A radio talk by Rowena Schmidt Carpenter, Bureau of Home Economics, delivered through WRC and other associate NBC stations, in the National Agriculture Farm and Home Hour, Thursday, October 22, 1931.



How do you do, Homemakers!

If you've been bringing up a family during the last 15 or 20 years, you've followed through a period of considerable change in ideas about child feeding. Noticing these changes, you may feel somewhat like a friend of mine who says "Ideas change but babies manage, somehow, to grow in spite of them." That's one way of looking at it. Here's the way another friend of mine expresses her opinion: "Did you ever see anything like the pep these modern youngsters have? It must be this business of filling them up with all of the vitamins and minerals they need from the time they're babies. A properly fed child is a handful to keep up with, if the one at our house is a fair sample." She is quite right. The new way of giving a carefully chosen, varied diet from early childhood does make healthy, lively children. The old way of sticking to the baby diet, too largely milk, for such a long time wasn't as good. Now, by the age of a year and a half or so children have passed out of the sieved food stage and though they still have plenty of milk to drink, they are eating pretty much what every one else at the table has, -- that is, of course, if they belong to the right kind of family that has a well-balanced diet made up of simply-prepared dishes!

So many requests come to the bureau week in and week out for information on this ever-timely and ever-important subject of child nutrition that we have written a new bulletin to answer them. Its name is "Food for Children", and it is known as Farmers' Bulletin 1674. We have tried to make it answer all of your questions about child feeding, whether you have a very young child who has just left the stage of sieved foods and is becoming adjusted to a coarser, more solid diet, or whether your feeding problems have to do with a rapidly growing boy or girl of ten or twelve, whose needs for food are tremendous, -- even greater than yours or your husbands. And we have gone one step farther in preparing this bulletin: We have arranged it in sections so that you may learn as much or as little about the principles underlying good nutrition as you wish. Being a mother myself, I venture to say that most of you will want to start at the beginning and read the whole 22 pages, finding out first about the relation of food to good nutrition, -- about body building materials, about the regulators that make the machinery run smoothly and maintain health, and about materials for energy.

Some of you may prefer to begin on page four, where we discuss how different foods meet the needs of the body, and especially the needs of growing children. This is the section that discusses milk, eggs and meat, vegetables and fruits, and other food groups in turn. Some things that we eat are particularly valuable for the vitamins and minerals they contain, others for their efficient protein, and others are mainly sources of energy, while a few foods, especially milk, contain all of these valuable nutritive properties. If all

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of this is an old story to you, you may anyway want to know what the bureau has to say about meals for children, -- about food combinations, texture and consistency, methods of preparation, and the size of servings. YOU will begin reading on page eight.

The last half of the bulletin is given over to ideas about menu making, and food preparation. There are twelve dinner menus and twelve supper menus, offered just as suggestions. It is impossible to plan meals that will exactly suit the needs of everyone's pocketbook and market, but any of us can get new ideas, or have old ones recalled, by studying menus that have been thoughtfully worked out, as these have. And, last in the bulletin comes a section that contains a few recipes, and suggests a good many dishes for which no recipe is given. You who are busy mothers (as if any mother wasn't busy) will be interested in our slogan "One Menu for All", -- a plea to simplify the cooking problem by selecting foods, and ways of preparing them, that are suitable for even the youngest members of the group and are still tasty enough to please the whole family. Even if some one in your family likes his food too rich or too highly seasoned, you may find that gradually you can convert him to simpler dishes if you make them attractive and introduce them one at a time.

Now, I must stop. Let us send you the bulletin "Food for Children", Farmers' Bulletin 1674. Write to your station or to the Department of Agriculture in Washington for it. Goodbye, until next Thursday!